



Farola

A PURE
PREPARATION
OF WHEAT

JAMES MARSHALL (GLASGOW) LTD.





22503537642

Analysis

of a sample of

FAROLA

made by a leading firm of Analytical
and Consulting Chemists.

Proteins	12.03
Fat	0.98
Carbohydrates	75.15
Mineral Matter ASH.	0.46
Moisture	11.38
	100.00

“The above analysis, combined with a microscopical examination, shows that this substance is a pure wheat product.”

25th March 1932.

What is Farola?

WHEAT is one of the most important foods in the world because of the particularly valuable sources of nourishment it contains. Broadly speaking, these can be grouped under two headings. First, those which rebuild and replace the tissue of the body under the constant chemical change that it undergoes. Second, those which serve as the necessary fuel consumed by the body to maintain heat and give it energy for its proper functioning. The first series are called Proteins and the second, Carbohydrates or Starches.

Of the wheats of the world that known as Manitoban, grown in the rich soil of North-West Canada, possesses the important protein content to a high degree, and it is from this wheat Farola is made.

The wheat berry is milled and purified and the indigestible portions removed. It should be remembered that although there are nourishing properties in the bran or husk of the wheat, the very fact that these are embodied in the structure of the bran makes them less easily assimilated by the digestive juices. There is nothing indigestible in Farola, and it is not subjected to any chemical process. The purifying is achieved by heat and mechanical means alone. It is the pure wheat berry divested of its husk and milled to a fine

granular powder. No preservatives or colouring matter are added.

Further, Farola is free from insect life which may infect the loose reductions of wheat sold on the market. It is thoroughly sterilized and then packed in air-tight cartons by electric automatic machines that weigh to net weight. Throughout the entire process of manufacture and packing it is thus untouched by hand, passing pure and clean from the harvest field to the kitchen table.

ITS VALUE AS A FOOD

Nature has so arranged that no food is complete in itself, and mankind maintains itself against disease, caused by deficiency in certain foods, by a well mixed diet. Bread and milk are universally regarded as the nearest approach to the complete food, for milk is rich in many essential elements. This union of wheat and milk is even more easily achieved in the various dishes that can be made by employing Farola and milk as the chief ingredients.

A FOOD FOR THE YOUNG

Because of its body-building properties Farola is a valuable food for children, although it is not recommended for infants of less than four months. It can, however, play an important part in the dietary scheme of a child, since when cooked with

milk it becomes the perfect food. The milk supplies valuable fats and the wheat grains break up the curd of the milk, thus making it acceptable even to the most delicate digestion.

Farola is therefore light, easy of digestion, of smooth texture, and delicious in flavour, and forms an extremely appetising nursery food.

A FOOD FOR INVALIDS

These remarks apply also to its use as a food for invalids, with whom it is a favourite because of its lightness, flavour, and variety. For similar reasons Farola is well suited to form part of a nursing mother's diet, and is highly recommended for this purpose.

All these claims are borne out by the fact that Farola has been used for many years in Institutions and Hospitals throughout the country, and is increasingly recommended in Clinics and Welfare Centres, as well as by Doctors, Nurses, and Cookery Experts.

A FAMILY FOOD

The numerous milk puddings and other dishes which may be prepared from Farola make it an article which no prudent house-wife will ever be without. Such puddings as "Farola Milk Pudding," "Baked Farola Pudding," and "Farola Queen of Puddings" are highly appreciated by those who have tried them, while in

warm weather nothing nicer than a Farola blanc-mange with jam or stewed fruit could be desired.

Another delightful way of serving Farola is as a pouring custard, to be eaten with any variety of stewed fruit. In this form it is delicious and far more nourishing and economical than the ordinary custard powders. Or again, it may be used with advantage in preparing a sweet sauce.

With or without a mixture of flour, it may be used for shortbread, biscuits, and cakes, thus adding great variety and richness.

Farola will also be found very suitable for thickening soups, at the same time greatly enhancing their nutritive value.

These indicate, without by any means exhausting, the different directions in which Farola may be used.

Moreover, it is quite a mistake to consider that Farola is only suitable for what is known as "high-class cookery"; many prefer it cooked in the simplest form, and its moderate price puts it within the reach of all.

It will thus be seen that Farola has its place, and a very important one, in a properly balanced diet—a fact that has been recognised by its use for many years throughout the British Isles, in many parts of which it has been a household word since it was first introduced to the public in 1885.

Farola Recipes

FAROLA MILK PUDDING

1½ oz. Farola. 1 pint Milk. 1 oz. Sugar.
Pinch Salt. 1 Egg.

Blend Farola with milk. Boil five minutes, stirring all the time. Add sugar and salt and cool slightly. Add a yolk of egg and beat well. Whisk white stiffly and fold in lightly, using a metal spoon. Bake in a moderate oven till nicely risen and browned, and serve immediately.

Sufficient for four persons.

FAROLA GRUEL AND INFANTS' FOOD

½ pint Milk. 1 heaped teaspoonful Farola.
Sugar to taste.

Blend the Farola with a little of the milk, boil the remainder. Add the Farola and milk. Cook for at least five minutes, stirring all the time. Sweeten to taste.

Add sufficient milk and water to thin the mixture for use in the feeding bottle.

PORRIDGE OF FAROLA

1½ pints Milk. 1 tablespoonful Sugar.
2 tablespoonfuls Farola. A little Salt.
(Preferably medium or large grained.)

Blend Farola with milk and soak for two hours. Then stir till boiling until the Farola is thoroughly burst. Serve hot with milk. Children may be spoon fed with Farola from the time of weaning, but the mixture should be made somewhat thinner when they are so young.

Sufficient for three persons.

FAROLA QUEEN OF PUDDINGS

1 pint Milk.	Grated Lemon Rind.
1½ oz. Farola.	2 Eggs.
3 oz. Castor Sugar.	½ oz. Butter.
2 tablespoonfuls Jam.	

Put $\frac{3}{4}$ pint milk on to boil. Blend the Farola with remainder, and cook it in the boiling milk for five minutes, stirring all the time. Add grated lemon rind and butter, two yolks of eggs, and 1 oz. sugar when off the fire. Pour the preparation into greased pie-dish and bake it in the oven until set. Spread the jam over the pudding. Beat up the whites of the eggs to a stiff froth, mix castor sugar in very lightly. Heap the meringue on to the pudding, place in oven again until top of meringue is nicely browned. Serve either hot or cold.

Sufficient for four persons.

SPONGE PUDDING

3 oz. Farola.	2 oz. Flour.
4 oz. Butter.	Little Salt.
2 Eggs.	4 oz. Sugar.
1 dessertspoonful Milk.	½ teaspoonful Baking Powder.
	2 tablespoonfuls Red Jam.

Cream sugar and butter together, add well-beaten eggs with Farola and flour, also baking powder and a little milk to make a moist mixture; grease a basin, put in the jam and then the mixture, cover with a greased paper and steam one and a half to two hours. Turn out and serve.

Sufficient for five persons.

PRINCESS PUDDING

2 oz. Farola.	1 pint Milk.
1 oz. Sugar.	2 Eggs.
1 oz. Butter.	A little Raspberry Essence.

Put milk on to boil, reserving a little milk with which to blend the Farola. Add Farola and butter and boil for five minutes, stirring. Beat up the eggs and add to mixture with sugar and flavouring. Turn into greased mould. Cover with greased paper and steam gently one hour. Turn out and serve with fruit.

FAROLA SOUFFLÉ

2 oz. Farola.
 $\frac{3}{4}$ pint Milk.

1 oz. Butter.
2 oz. Sugar.

3 Eggs.

Melt butter in pan. Add Farola, then milk. Stir till boiling, and boil three to five minutes. Allow to cool a little. Add sugar and flavouring. Add yolks of eggs and mix all well. Whisk the whites stiffly and fold lightly into mixture, using metal spoon. Pour immediately into greased tin with band of paper round the top. Then place in pan with about two inches of boiling water. Cook very gently for forty minutes. Turn out, and serve with sauce, fruit, or preserves.

Sufficient for five persons.

N.B.—A FISH SOUFFLÉ can be made exactly as above with the substitution of 6 oz. sieved white fish for 2 oz. sugar.

FAROLA PINEAPPLE PUDDING

4 oz. Farola.

$\frac{1}{2}$ pint Milk.

4 oz. Sugar.

4 oz. Butter.

$\frac{1}{4}$ tin Pineapple.

2 Eggs.

2 tablespoonfuls Pineapple Syrup.

1 teaspoonful Vanilla Essence.

Boil milk, sugar, and butter, add Farola, and stir till it becomes a thick paste. Remove from fire, add yolks of eggs, the pineapple cut into dice, syrup, flavouring, and stiffly-beaten whites of eggs. Pour into buttered mould and steam one hour.

LINCOLN PUDDING

$1\frac{1}{2}$ oz. Farola.

2 Apples.

1 pint Milk.

1 oz. Sugar.

Blend Farola with milk. Boil five minutes, stirring all the time. Add sugar and pour over the apples (which have been cored, peeled, and cavities filled with sugar) in a pie-dish. Bake in a moderate oven till apples are cooked.

Sufficient for three or four persons.

BLACK CAP PUDDING

3 oz. Farola.	2 oz. Sugar.
1 Egg.	2 oz. Butter.
$\frac{1}{2}$ teaspoonful Baking Powder.	1 oz. Currants.

Cream butter and sugar, add well-beaten egg and Farola alternately, reserving a little Farola to mix with baking powder, which must be added last. Turn into well-greased basin with the currants sprinkled in the bottom. Cover with buttered paper and steam one and a half hours. Turn out and serve hot.

N.B.—If the mixture seems rather stiff, add a little milk to it before steaming.

RHUBARB WHIP

1 oz. Farola.	1 lb. Rhubarb.
1 gill Water.	4 oz. Sugar.
Pinch Salt.	

Stew rhubarb, water, and sugar till tender. Blend Farola with a little water and add to rhubarb. Boil five minutes, stirring. Allow to cool a little. Pour into crystal. Serve cold with cream.

Sufficient for four persons.

FAROLA FRUIT SHAPE

3 tablespoonfuls Farola.	1 lb. Fruit (red
$\frac{1}{4}$ lb. Sugar.	preferably).
2 breakfastcupfuls Water.	

Boil the fruit and water for twenty minutes, strain and return liquid to the pan. Stir in the Farola, previously blended with a little of the water, also the sugar, keep stirring and boil for five minutes. Pour the mixture into a wetted mould.

FRUIT TART

3 oz. Farola.
3 oz. Lard and Margarine
(mixed).
3 oz. Flour.
Pinch Salt.

Cold Water to mix.
Filling for Tart :—
Seasonable Fruit.
Water if necessary.
Sugar to sweeten.

Mix dry ingredients, cut fat finely with knife, then rub with finger tips till like fine bread crumbs. Add sufficient cold water to mix to very stiff paste. Use for covering tart. Prepare fruit and place in pie-dish, adding sugar when half filled. Pile remaining fruit neatly on top and add a little water. Roll out pastry, place strip round wetted edges of dish. Wet this strip of pastry and place lid of pastry on top. Trim round edges. Mark neatly, and bake in hot oven about forty minutes. Dust sugar over top, and serve.

FAROLA GINGER SHAPE

1 pint Milk.
2 oz. Farola.
2 yolks of Eggs.

4 oz. Preserved Ginger cut
in pieces.
 $\frac{1}{4}$ pint of the Syrup in which
the Ginger is preserved.

Blend the Farola with $\frac{1}{4}$ pint of the milk ; put the remainder into a stewpan ; when boiling add the Farola and cook for five minutes, stirring meanwhile. Remove from the fire, and beat in the yolks ; add the ginger. When cold, unmould and serve with the syrup poured round the dish.

N.B.—Any tinned fruit may be used instead.

FAROLA AND COCOA SHAPE

1 tablespoonful Farola. 1 tablespoonful Sugar.
1 tablespoonful Cocoa. 2 breakfastcupfuls Milk.

Mix all the above ingredients in a saucepan with the milk, smoothing out all lumps. Stir over the fire till it has been boiling for five minutes. Pour into wetted cups and turn out when cold.

CARAMEL FAROLA SHAPE

2 oz. Farola.	2 oz. Loaf Sugar.
1 oz. Castor Sugar.	1 tablespoonful of Water.
1 pint Milk.	

Melt 2 oz. loaf sugar in one tablespoonful of water in an iron saucepan or, better still, in a copper sugar boiler. Allow the sugar to boil quickly until it becomes a dark golden colour. Pour the browned sugar into a perfectly dry mould, and turn it round until a thick coating of the caramel is formed all over the inside. When the caramel is cooled it will be found to be firmly set on the mould. Blend the Farola with half the milk, stir into the rest of the milk when boiling, add the sugar, and cook for five minutes. Pour the Farola mixture into the prepared mould whilst it is hot. Set the mould in a cold place until the preparation is firm, when it will be readily un moulded by a brisk shake. The caramel will form a delicious sauce round the pudding.

LEMON FAROLA

1½ oz. Farola.	1 Lemon.
½ oz. Sugar.	1 tablespoonful Golden Syrup.
1 pint Water.	1 Egg.

Boil water, reserving a little for blending Farola. Stir Farola, grated lemon rind, and juice into boiling water and boil for five minutes. Remove from fire, add syrup and egg (which has been well beaten), and pour into a wetted mould. When cold, turn out.

N.B.—Omit egg if desired.

CUSTARD FOR USE WITH STEWED FRUIT

1 dessertspoonful Farola.	1 Egg.
1 dessertspoonful Sugar.	Vanilla Essence.
2 breakfastcupfuls Milk.	

Put the milk on to boil, reserving a little with which to blend the Farola. Add the Farola and boil five minutes, stirring meanwhile. Allow to cool, beat up the egg and add the mixture to it gradually. Return to the pan, re-heat but do not boil. Add sugar and flavouring.

Delicious with all kinds of stewed fruits and as a sauce with "Marshall's Semolina Snow."

Sufficient for five persons.

BAKED CUSTARD

1½ pints Milk.	2 oz. Sugar.
2 tablespoonfuls Farola.	2 Eggs.
2 oz. Butter.	Grated Lemon Rind.

Blend Farola with a little milk, add rest of milk, butter, sugar, and lemon rind. Boil five minutes, stirring meanwhile. Beat yolks and whites of eggs separately, stir into mixture while still hot. Bake in a moderate oven for half an hour.

Sufficient for four persons.

TOMATO AND MACARONI CUSTARD

Place in a pie-dish some slices of tomato and cooked macaroni, sprinkled with seasoning. Blend 1 oz. Farola with $\frac{3}{4}$ pint milk. Boil five minutes, then pour over the macaroni and tomato. Sprinkle with bread raspings and bake in a moderate oven fifteen minutes.

N.B.—If desired, cooked cauliflower may be substituted for tomato.

FISH CUSTARD

1 oz. Farola.	1 pint Milk.
1 Egg.	$\frac{3}{4}$ lb. Filleted Fish
Seasoning.	(Haddock or Whiting).

Grease pie-dish. Cut fish into neat pieces and sprinkle with seasoning. Place in pie-dish. Blend Farola with milk and boil five minutes. Allow to cool a little and add egg and seasoning. Pour over fish and bake in moderate oven for about thirty minutes.

Sufficient for four persons.

N.B.—Grated cheese may be sprinkled over five minutes before removing from oven.

FAROLA AND CHEESE

2 oz. Farola.	1 pint Milk.
3 oz. grated Cheese.	1 Egg.
Pepper and Salt.	1 oz. Butter.

Boil almost all the milk. Mix Farola with remainder. Pour boiling milk over this and stir till boiling. Add grated cheese, pepper, butter, salt, and yolk of egg. Whip white of egg and add. Put in greased pie-dish and bake twenty minutes.

N.B.—If desired, strained tinned tomatoes may be substituted for the milk.

FAROLA BISCUITS

2 $\frac{1}{2}$ oz. Flour.	2 oz. Butter.
3 $\frac{1}{2}$ oz. fine Farola.	1 Egg.
$\frac{1}{2}$ oz. Castor Sugar.	$\frac{1}{4}$ teaspoonful Baking Powder.

Mix the dry ingredients together, rubbing the butter into the flour. Beat up the egg and mix into the flour, etc., until a stiff paste is formed. Roll out, cut into biscuit shapes, and prick. Bake in a very moderate oven.

FAROLA SOUPS

Farola can be used as a thickening for most soups if the following instructions are followed :—

Blend with a little cold liquid and add to the soup fifteen minutes before serving in the proportion of $\frac{1}{2}$ to 1 teaspoonful of Farola to 1 pint of soup, depending on the nature of the soup.

N.B.—Gravies for stews, etc., may be thickened in the same way by using the same proportions.

BEEF TEA FAROLA

$\frac{1}{2}$ lb. Tea Beef.
1 pint Water.

$\frac{1}{2}$ teaspoonful Farola.
Seasoning.

Remove fat, wipe meat and cut very finely. Soak for one hour. Simmer slowly twenty minutes. Remove fat and strain. Add blended Farola and boil gently for seven minutes. Season and serve hot with thin toast.

POTAGE BLANC AU FAROLA

1 pint Milk.
1 oz. Farola.
 $\frac{1}{2}$ gill Cream.

1 yolk of Egg.
1 pint Stock.
Seasoning.

Use good stock well flavoured with soup vegetables, mix with it $\frac{3}{4}$ pint milk, boil up and add the Farola, blended with $\frac{1}{4}$ pint milk. When it has cooked five minutes, mix the cream with the yolk and add these to the soup off the fire. Season carefully. Do not allow the soup to boil after the cream is added. Serve with fried croutons.

Sufficient for three or four persons.

FAROLA CAKE

5 oz. Farola.	2 Eggs.
3 oz. Butter.	3 oz. Sugar.
A little Milk, if necessary.	$\frac{1}{2}$ teaspoonful Baking Powder.

Beat butter and sugar together till white and creamy. Add the eggs, well beaten, then the Farola, baking powder, and a little milk if necessary. Turn into greased-papered tin and bake in a moderate oven from three-quarters to one hour.

FAROLA BUNS

4 oz. Farola.	4 oz. Flour.
2 oz. Lard and Margarine (mixed).	1 teaspoonful Baking Powder.
2 oz. Soft Sugar.	1 Egg.
2 oz. Mixed Fruit.	Pinch Salt.

Place dry ingredients (except baking powder) in basin. Rub in lard and margarine till very fine. Add fruit, baking powder, egg, and, if necessary, sufficient milk to mix to a stiff dough. Form into little balls, place on a greased tin, brush with a little egg, and bake in a fairly hot oven ten to fifteen minutes.

N.B.—Great variety may be had by substituting cocoanut, chopped figs, dates, etc., in above proportions, 2 oz.

BACHELOR'S BUTTONS

3 oz. Farola.	3 oz. Sugar.
3 oz. Butter.	$\frac{1}{2}$ teaspoonful Baking Powder.
1 Egg.	A little Flavouring.
3 oz. Flour.	Pinch Salt.

Cream butter and sugar together. Add Farola, flour, and egg separately. Lastly, add baking powder and mix quickly. Shape into little balls and toss in castor sugar. Place on a greased tin and bake in a moderate oven for about ten minutes.

Condensed milk may be used if allowance be made for its greater sweetness.

To prevent lumping, it is advisable to mix and smooth the Farola in a little milk or water before cooking.

We recommend a double-bottom pan to prevent burning.

JAMES MARSHALL (Glasgow), LTD.
2 ORR PLACE, GLASGOW, S.E.

